

Linseed crackers

Equipment:
Nutribullet
Weighing scales
Rolling pin
Baking sheets or
paper x 2
Spatula
Fork

Ingredients:
Linseeds
Almonds
Pumpkin seeds
Sea salt
1 egg

1. Pre-heat oven to 180C
2. In a large mixing bowl, beat the egg with a fork
3. In the Nutribullet cup, weigh 100g of linseeds
4. Grind them to a fine powder and add to the bowl with the egg
5. Repeat for the almonds – 100g
6. Repeat with 50g of Pumpkin seeds BUT ONLY BLITZ FOR A SECOND OR TWO (ie, leave chunky) – could also use sunflower seeds or whole sesame seeds. Add to the bowl.
7. Add half a teaspoon of sea salt to the bowl and then mix into a thick paste with the fork
8. Spatula out onto a baking sheet. Place the other baking sheet on top and shape into a ball.
9. Use the rolling pin to flatten the ball and roll it out to a about 0.5cm.
10. Remove the top baking sheet then bake until bubbles appear on the surface and the texture is firm.
11. Allow to cool and then break into pieces. Keep in an airtight tin (if they last that long!).

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